



National Park Service
U.S. Department of the Interior

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Vicksburg National Military Park News Release

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Shape Up, Junior Rangers and Take a Walk on the Wild Side at Vicksburg National Military Park

As the days grow hotter it can be a challenge for children to get moving outdoors. Sometimes it's best to take a cue from Mother Nature and go nocturnal! As part of its "Shape Up, Junior Ranger" program, Vicksburg National Military Park and Shape Up Vicksburg invite children to join us on a 1-mile Owl Discovery Walk to learn more about owls and other nighttime creatures that call the park home. After the walk, we'll have a hands-on learning experience all about owls and the special skills that make them a top nighttime predator!

As part of First Lady Michelle Obama's "Let Move Outside!" initiative, the "Shape Up, Junior Ranger!" program is a fun way for children (ages 6-12) and their families to get fit, explore and learn about their National Park and community! Children who are already members of the Shape Up Junior Ranger Army are encouraged to bring their logbooks to earn a stamp. New members will receive their very own "Shape Up, Junior Ranger!" logbook and earn their first logbook stamp and rank to get started on their path to fitness!

The walk will be held on Saturday, September 1st at 7:30 p.m. and will meet at the Old Superintendent's House on Pemberton Avenue inside the park. Participants will need to wear comfortable clothes, walking shoes and may bring a flashlight. The walk, logbook and program are free of charge, but space for this walk is limited to 25 participants! Please call 601-636-8715 to make your reservation for this exciting look at the natural wonders found in the park.

For more information on the "Shape Up, Junior Ranger" program, please visit: www.nps.gov/vick/for-kids/shapeup.htm